

# SLEEP BENEFITS™

## Enjoy a Peaceful Night's Slumber\*

- Calms an agitated mind\*
- Helps you fall asleep faster\*
- Promotes deeper sleep\*
- Contains a highly bioavailable, clinically active form of ashwagandha\*

Getting enough sleep is essential to think clearly, remain in a good mood, and to feel refreshed and energized. But sleep's impacts don't stop there. Chronic sleep deprivation can contribute to obesity, heart disease, gut dysfunction, and poor immunity. Unfortunately, being unable to get a refreshing night's sleep is one of the most common complaints in today's fast-paced world. That's why DaVinci® Laboratories offers Sleep Benefits™, the most powerful and well-absorbed sleep formula available.\*

### Fall Asleep Faster\*

Sleep Benefits™ contains ingredients that calm racing minds and lead to a state of tranquility.\* For example, ashwagandha promotes healthy levels of the stress hormone cortisol.\* L-theanine helps the body make calming amino acids, which leads to deep muscle relaxation and improved quality sleep.\* Lemon balm also calms the mind and supports healthy cortisol levels.\*

### Sleep Longer and Deeper\*

Melatonin is included in Sleep Benefits™ because it can promote a deeper sleep and increase rapid eye movement (REM) sleep and dreaming.\* People who supplement with melatonin also take less time to fall asleep and sleep longer.\* They wake up more refreshed, rejuvenated, and in a better mood.\*

### Impressive Absorption

Sleep Benefits™ contains Shoden®, a special kind of ashwagandha. Normally, ashwagandha extracts are standardized to 2.5% withanolides, their main active component. Shoden has 35% withanolides for superior absorption and effectiveness.\* It's a powerful and fast-working way to promote relaxation and sleep.\*

### Sleep Benefits™ is Recommended For:

- Difficulty sleeping\*
- Waking up unrefreshed\*
- Balancing the stress response\*
- Regulating sleep-wake cycles\*
- Optimizing overall health through restorative sleep\*

**Suggested Use:** As a dietary supplement, take 2 capsules before bedtime, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value
GABA (Gamma-Aminobutyric Acid) 500 mg	*
<i>Melissa officinalis</i> (Lemon Balm Extract) 150 mg	*
Shoden® Ashwagandha ( <i>Withania somnifera</i> ) Extract 120 mg	*
L-Theanine (Suntheanine® Brand) 100 mg	*
Melatonin 5 mg	*

\*Daily Value not established.

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Caution:** For occasional and/or intermittent use only. Melatonin may cause drowsiness. If you feel groggy, do not drive or operate machinery. Do not take with alcohol. Discontinue use 2 weeks prior to surgery.

VEGETARIAN / GLUTEN FREE / SOY FREE



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Suntheanine® is a registered trademark of Taiyo International, Inc.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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